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Again, no former African leader found worthy PAGE 10

INTERVIEW WITH THE VAMPIRE LIT QUEEN

ANNE RICE TALKS BLOODSUCKERS AND WITCHES AND WOLVES (OH MY) AHEAD OF THE RELEASE OF HER LATEST GOTHIC NOVEL PAGE 15

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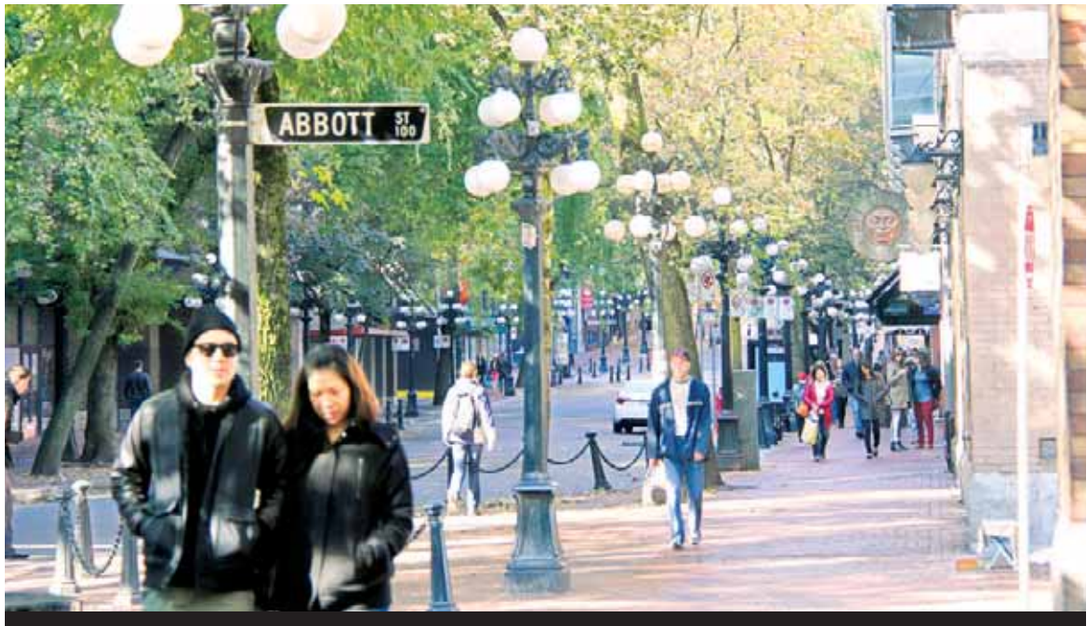
WAVES COFFEE HOUSE

Woman beaten, sexually assaulted after bogus cab ride from Gastown



Popular bars and upscale restaurants line the Gastown intersection where a North Vancouver woman mistook a man's van for a taxi. She was severely beaten and sexually assaulted by the driver. EMILY JACKSON/METRO

Suspect description released. Police issue warning after 'misunderstanding' ends in violent attack

EMILY JACKSON
emily.jackson@metronews.ca

A 25-year-old woman was severely beaten and sexually assaulted after getting into what she thought was a cab when leaving Gastown early Saturday morning.

The North Vancouver woman flagged down the older-model dark minivan with sliding doors on both sides in the 100 block of Water Street near Abbott Street and got inside around 2 a.m., Vancouver police Const. Brian Montague said Monday.

She was driven from the intersection lined by upscale restaurants and popular bars to East Vancouver where she was beaten and sexually assaulted.

There's no indication the van was disguised in any way to look like a cab or that the man pretended to be a cab driver once the woman was inside, Montague said.

"It was a misunderstanding," he said. "She's still recovering and she's obviously very traumatized."

The woman eventually managed to escape from the attacker's van. She was helped by a passerby and called police.

The suspect is described as a five-foot-11 to six-foot aboriginal man in his late 30s who weighs between 230 to 250 pounds. He is overweight, with a big belly and a shaved head.

There is nothing to suggest this attack is linked to any other assaults in the Lower Mainland, but police issued a public warning in hopes of stopping the man from acting again.

"We're hoping that someone maybe recognizes that description," Montague said.

Anyone who might know the suspect's identity is asked to call the police sex-crimes unit at 604-717-0602 or Crime Stoppers at 1-800-222-8477.

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Stephen Chalmers stands outside his trailer at the Beladean Motel and Trailer park on Sept. 26. JENNIFER GAUTHIER/METRO

B.C. man grateful for drive to get him a new trailer

'A light at the end of the tunnel.' Stephen Chalmers overwhelmed with gratitude, but stresses others at the park need help too

KATE WEBB
kate.webb@metronews.ca

It was a Thanksgiving Stephen Chalmers will never forget — neither the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey.

He had accepted a buyout from the landlord to leave the property but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance started a $5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised $5,000.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me," she said. "All these people who don't know us from Adam are pitching in. It's wonderful.

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The campaign

To donate, visit metronews.ca/newtrailer

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park who are just as scared and confused about their future as he is.

Chase and Metro are continuing to assess the situation to determine what can be done to help the other residents. Any funds raised above and beyond what is needed to buy the trailer will be used to help them.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

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Police arrest man barricaded in hotel

Downtown Eastside. 53-year-old has a lengthy criminal history of unprovoked, random attacks and mental-health issues

EMILY JACKSON
emily.jackson@metronews.ca

Police forced their way into a Downtown Eastside hotel room to arrest a man who barricaded himself in his residence after allegedly punching a woman in the face early Monday morning.

The 53-year-old man refused to turn himself in after assaulting the woman, another resident of the Roosevelt Hotel, around 4:30 a.m., Const. Brian Montague told reporters outside the brick building at Main and Hastings.

The hotel's fifth floor was on lockdown for more than seven hours as police negotiators and mental-health professionals tried to convince the man to surrender.

Quoted

"We're afraid if we walk away he'll end up reoffending."

Const. Brian Montague

"We're afraid if we walk away he'll end up reoffending," Montague said, noting the man has a lengthy criminal history of unprovoked and random attacks, along with mental-health issues.

Police tape surrounded the hotel, and officers were perched on balconies in the building across the street to monitor the situation, as police believed the man's mental health was deteriorating and that he could have posed a danger to the public.

While investigators had hoped to end the standoff peacefully, they weren't able to persuade the man to exit.

They obtained a warrant to legally enter his residence and broke into his room to take him into custody shortly after noon.

Police surrounded a Downtown Eastside building after a man barricaded himself in his room at the Roosevelt Hotel at 166 East Hastings St. Monday morning. EMILY JACKSON/METRO

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B.C. Hydro

Interim decision approves smart meter charges

Homeowners can keep their old analog meters powered by B.C. Hydro but according to the B.C. Utilities Commission (BCUC), they'll have to pay for it.

The commission decision, dated Oct. 11, has approved interim charges by B.C. Hydro on smart meters across the province.

The commission approved the legacy-meter charge — those who want to keep their old analog — at $35 a month, starting Dec. 1, 2013.

The charge applies to residents who are opting out of the smart-meter program. The commission also approved a $100 fee for those who accept the new smart meters but want the radio transmitter disabled.

NICK WELLS/METRO

No one hurt

Landslide near UBC campus

The RCMP says no one was hurt in a landslide near the University of British Columbia campus in Vancouver, but they're asking the public to stay clear of the area.

A news release says the slide happened Sunday afternoon in an area of Pacific Spirit Park commonly known as Trail 5, in between the university campus and the slopes that lead into the water below. The slide left behind a sheer cliff about 180 metres to the shore.

The RCMP and local fire officials have conducted a preliminary assessment, determining there were no people caught up in the slide.

The Mounties say the scene is still an active slide area and has been barricaded to prevent people from accessing the site.

THE CANADIAN PRESS

'Unusual challenges'

PNE blames rain for $1.9M loss in 2012

A rainy start to summer and unprecedented levels of rain during October put a damper on the Pacific National Exhibition's financial success in 2012.

The PNE reported a $1.9-million loss last year due to "unusual challenges" including eight rainy weeks in May and June and downpours during Fright Nights, according to the organization's 2012 annual report released last week. It didn't sell enough tickets to the Summer Playland Festival, a three-day music festival targeted at teens, and spent a significant amount on the stage at the PNE Amphitheatre. Between 2002 and 2012, the PNE has achieved an overall surplus of $4.07 million and the loss is not expected to continue in 2013, according to the report.

EMILY JACKSON/METRO

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3:30 a.m. Student sexually assaulted on UBC campus

A 20-year-old UBC student was sexually assaulted while walking home to her on-campus apartment Sunday morning.

A man approached her from behind after suddenly emerging from a stairwell in her building in the 2700 block of Fairview Crescent around 3:30 a.m., according to a statement from University RCMP spokesman Sgt. Drew Grainger.

The man tried to take off her coat and placed a hand under her skirt, Grainger said.

The woman managed to break free. Her screams prompted the attacker to flee.

He is described as a five-foot-10 Caucasian man in his mid to late 20s with a medium build. EMILY JACKSON/METRO

Run for fun, fitness, food

Participants leave Granville Island on Sunday morning during the annual Turkey Trot 10-kilometre run. The annual event, capped at 2,000 runners, raises money for the Greater Vancouver Food Bank. NICK WELLS/METRO

Emergency calls

Cops slower to respond: Report

Vancouver police are taking longer to respond to emergency or "Priority 1" calls this year, according to a report.

Average response times rose to 11 minutes and 28 seconds in the third quarter of 2013, up from nine minutes and 43 seconds in the same period of last year.

This could be due to a higher volume of Priority 1 calls, the report asserts.

Response times over 11 minutes were deemed "unacceptably high" in a 2007 VPD study. Average response times haven't exceeded 11 minutes since 2006.

Yet statistics can be skewed based on methodology and significant outliers, according to the report and spokesman Const. Brian Montague. EMILY JACKSON/METRO

Gobble, gobble, gone: 3,500 turkey dinners

Union Gospel Mission. Staff, volunteers work hard to spread a little Thanksgiving fellowship

NICK WELLS
vancouver@metronews.ca

The lineup snaked around the block, with people waiting hours to ensure a seat at the Union Gospel Mission's annual Thanksgiving dinner.

Staff expected to serve about 3,500 Thanksgiving meals with all the trimmings.

"Many people in the Downtown Eastside get lonely around Thanksgiving, Christmas and Easter. (The dinner is) about bringing people together and creating a sense of community," said Bill Mollard, president of UGM.

Mollard said he's seen many cases of people attending meals who then get involved in the mission's alcohol- and drug-recovery program and eventually give back by volunteering.

Randy Spark, the mission's kitchen manager, said they started preparing the meals a week ago at a rate of about 700 per day.

While staff kept the food flowing, volunteers wandered throughout the dining room, offering drinks.

Glenn Rae was on coffee duty and says he's always enjoyed volunteering. While he helped out with other charities, it was a chance conversation at work eight years ago that brought him to the Thanksgiving dinner.

"It's like an old family coming back that you haven't seen in months.... There's a hug, a handshake and a kiss on the cheek," he said.

Randy Spark, kitchen manager at the Vancouver Union Gospel Mission, keeps an eye on hungry diners at the annual Thanksgiving dinner on Monday. NICK WELLS/METRO

Dished up

- **1,590** kilograms of turkey (equivalent to 160 birds)
- **362** kilograms of mashed potatoes
- **317** kilograms of vegetables
- **362** kilograms of stuffing
- **300** litres of gravy
- **260** litres of cranberry sauce
- **4,500** dinner rolls
- **800** pumpkin pies
- **400** litres of ice cream

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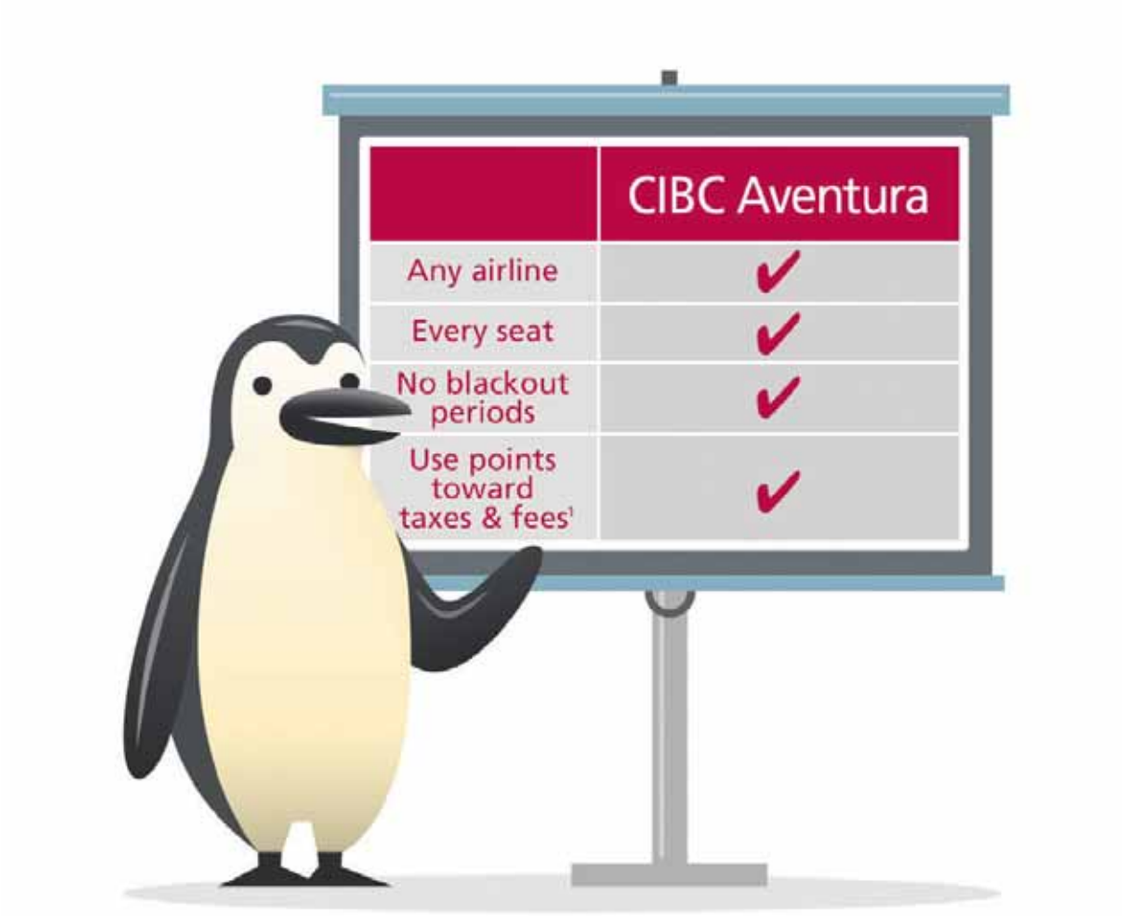

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New research. Chemical BPA linked to possible risk of miscarriages

New research suggests that high levels of BPA, a chemical in many plastics and canned food linings, might raise the risk of miscarriage in women prone to that problem or having trouble getting pregnant.

The work is not nearly enough to prove a link, but it adds to ``the biological plausibility'' that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice, a California biochemist who is president of the American Society for Reproductive Medicine. The study was to be presented Monday at the group's annual conference in Boston. Last month, ASRM and an obstetricians group urged more attention to environmental chemicals and their potential hazards for pregnant women.

THE ASSOCIATED PRESS

Asia

Canada to give Laos $1M to help deal with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs, The Canadian Press has learned.

Foreign Affairs Minister John Baird is to announce a $1-million contribution during a trip to Laos Tuesday.

Canada cut its funding to the international effort to help clear cluster munitions from Laos in 2012, after contributing more than $2 million between 1996 and 2011.

THE CANADIAN PRESS

Police: Timeline of McCann case has 'significantly changed'

United Kingdom. Investigators able to 'place more significance' on events the night the 3-year-old vanished in Portugal

Last year Kate and Gerry McCann released a missing poster depicting an age-progression computer-generated image of their daughter Madeleine at nine years of age. SANG TAN/THE ASSOCIATED PRESS FILE

British police said Sunday the timeline and version of events surrounding the disappearance of Madeleine McCann has "significantly changed," allowing them to build their most detailed reconstruction of the case yet.

London's Metropolitan Police said that investigators have been able to "place more significance" on events the night the then-three-year-old vanished from a Portuguese resort in May 2007.

Det. Chief Inspector Andy Redwood says Scotland Yard's investigation has "significantly changed the timeline" and accepted version of events of that night.

He did not elaborate, but said he hopes when the public sees the new reconstruction more information will come in that will move the investigation forward.

THE ASSOCIATED PRESS

$5M African prize goes unclaimed

Study. Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and $5 million US prize — to any former African leader, saying none had earned it.

A new study released by the foundation on Monday found that 32 countries on the continent have seen a decline in safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year. Some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes. THE ASSOCIATED PRESS

The Hague

Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials on the island of Phuket, 680 kilometres south of Bangkok, said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdsirimongkon said the man was arrested Saturday as part of a crackdown on shows featuring naked dancers.

"Authorities found out about this bar the morning after Rihanna tweeted about it, but we were not able to catch them violating the law until Saturday," he said. THE ASSOCIATED PRESS

Obama postpones meeting as debt deal possible

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C. on Monday. Hopes grew Monday for heading off a U.S. government default and ending a partial government shutdown after optimistic predictions from the often antagonistic congressional leaders at the centre of the talks — Senate Majority Leader Harry Reid for the Democrats and Senate Republican leader Mitch McConnell for the Republicans. The two men met twice Monday, their sessions sandwiched around a White House announcement that Obama was calling them and the party leaders in the House for the second time in less than a week to discuss the economy-threatening crises. The meeting was postponed indefinitely to give the two lawmakers more time to work. T.J. KIRKPATRICK-POOL/GETTY IMAGES

Canada looks to fill skilled-labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a shortage of skilled workers in the coming decade, as proponents of the liquefied-natural-gas industry, hydro-electric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

The provincial government's statistics indicate there will be more than one million job openings over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver, B.C., on Saturday. The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president. DARRYL DYCK/THE CANADIAN PRESS

Retirements will be responsible for two-thirds of the vacancies, and new economic growth will be behind the remaining third, states the British Columbia Labour Market Outlook 2010-2020.

In the B.C. construction industry, about 30,500 jobs were expected to go unfilled by 2012, according to the association's own statistics.

THE CANADIAN PRESS

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THE CHEEKY SIDE OF SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses we perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb

COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." **METRO**

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan – prefabricated in a factory and delivered to the forest floor – will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. **METRO**

Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and to much work to always check to opt out

@cynthiabigrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

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metro

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DVD review

Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

●●●●○

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome.

Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress.

In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience.

Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario.

Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. Extras include a commentary by del Toro, deleted scenes and making-of featurettes.

PETER HOWELL

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirlseverywhere"

Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now… more importantly… who's gonna replace Dakota Johnson?

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The mother of vamp tales reflects on genre

Anne Rice. As author releases her latest gothic novel offering, she talks the resurgence of the supernatural

ANDREA PARK
Metro World News in New York

Anne Rice wrote about vampires decades before the Twilight trend and now the queen of gothic fiction is releasing her The Wolves of Midwinter, the sequel to her popular book, The Wolf Gift. Metro spoke with Rice about her work and pop culture's gothic renaissance.

What do you think of this huge resurgence of vampires, werewolves and everything supernatural?
I really don't know what to make of it. I've been watching it now for a number of years. It's like horror fiction finally went mainstream. I think it's good; it means more and better authors are writing more and better books about supernatural entities and that's great. It wasn't like this 20 or 30 years ago, so I'm quite delighted. I think it's a golden age for us readers who love supernatural fiction and films and TV. Great shows — unbelievable, wonderful shows — are happening with vampires, witches and wolves and I'm hoping my stuff will be on the small screen soon, too.

Will we see any of your work on TV anytime soon?
Angel Time, the novel I wrote about Toby O'Dare working for the angels, has been optioned by CBS. I'm very excited about it. The producer, Carl Beverly, is first rate and so are his associates. They have some of the best shows on TV right now.

Do you watch horror TV shows?
I've enjoyed a lot of it. I protect my mind from what's too close to my own turf. I enjoy True Blood because it's so different. I love watching that wonderful, fictional town of Bon Temps, La., come to life. Charlaine Harris and Alan Ball have done a wonderful job of it for HBO. I enjoy that enough so I feel entirely comfortable sitting on the couch and watching it. Sometimes if I feel it's too close to my turf, I wish people well but I'm not going to watch it because it's too painful.

I also love Game of Thrones. I'm a huge fan of that. That's fabulous.

We may soon see Anne Rice's work on the small screen. GETTY IMAGES

Do you feel like other people have taken advantage of your ideas?
I wouldn't assume that they've stolen my ideas. I wish them well — it's just a personal decision on my part that I don't want to watch it, but this is a crowded field. We all influence each other. There are a lot of people writing these things now. I wish everybody well.

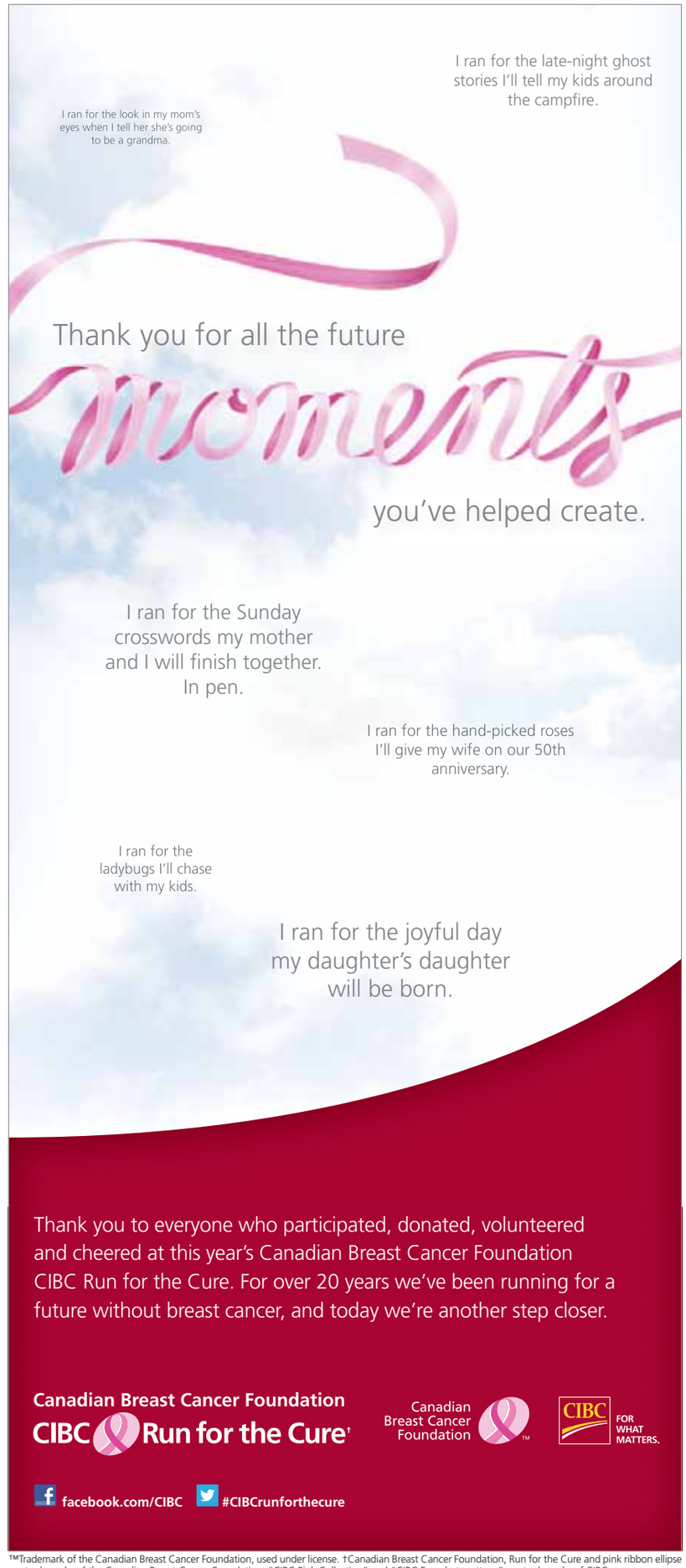
You used to have a home in New Orleans and the city has a strong influence on your work.
I'd love to get an apartment in the quarter so I could be there part of the year. I was just looking at some of the apartments for rent. I'd love to spend one month out of the year there. Anyone who's lived in New Orleans misses it terribly. If you don't, something's wrong with you.

Your latest book, The Wolves of Midwinter, is a sequel and you mentioned earlier that you might revive and continue some old characters. Do you enjoy writing serial novels?
I wrote The Wolf Gift without knowing it was a series. It was complete in itself. It's the story of Reuben discovering he could be a werewolf and finding the answers of where his power came from. I wanted to continue it because I loved the characters and I loved the whole story. If you finish the first book and you want to talk more about it, you have a series or at least a sequel, and I think I want to go into a third book. I don't ever intend on writing a series: I don't think I ever hold back information thinking it will be revealed in the sequel.

On religion...

Anne Rice has had a complicated relationship with religion. Here's what she had to say on the topic:

- "I walked away from all religion two years ago. I came to the conclusion that God isn't owned or controlled of any one product, religion or church. I want to talk to God on my own. I think many, many people have come to that conclusion. We're a growing majority."


I ran for the late-night ghost stories I'll tell my kids around the campfire.
I ran for the look in my mom's eyes when I tell her she's going to be a grandma.
Thank you for all the future
moments
you've helped create.
I ran for the Sunday crosswords my mother and I will finish together. In pen.
I ran for the hand-picked roses I'll give my wife on our 50th anniversary.
I ran for the ladybugs I'll chase with my kids.
I ran for the joyful day my daughter's daughter will be born.
Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.
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Tom Hanks never misses the boat — even when it stinks

Captain Phillips. Actor endured some cramped and smelly situations

Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in Captain Phillips definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant but for everything we needed to go through as actors, that tiny, hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"'Hero' is almost like a branded term now. It's bandied about all the time. People get labelled it left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."

But then, how can Hanks get away with thinking of himself as a hero when even the guy he's playing this time out won't accept the label.

"Richard Phillips doesn't view himself a hero. He was a guy who sat there and waited for the heroes to show up, which is different," Hanks says.

"We all have times in our lives where we can either be a hero, a villain or a coward and I just hope that I'm a coward as little as possible."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye keen to wed Kim... I wouldn't rush in if I were him

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiopian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

Justin Bieber ALL IMAGES GETTY

Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f--- off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

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Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciwa and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA McGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers — helping everything release and go down.

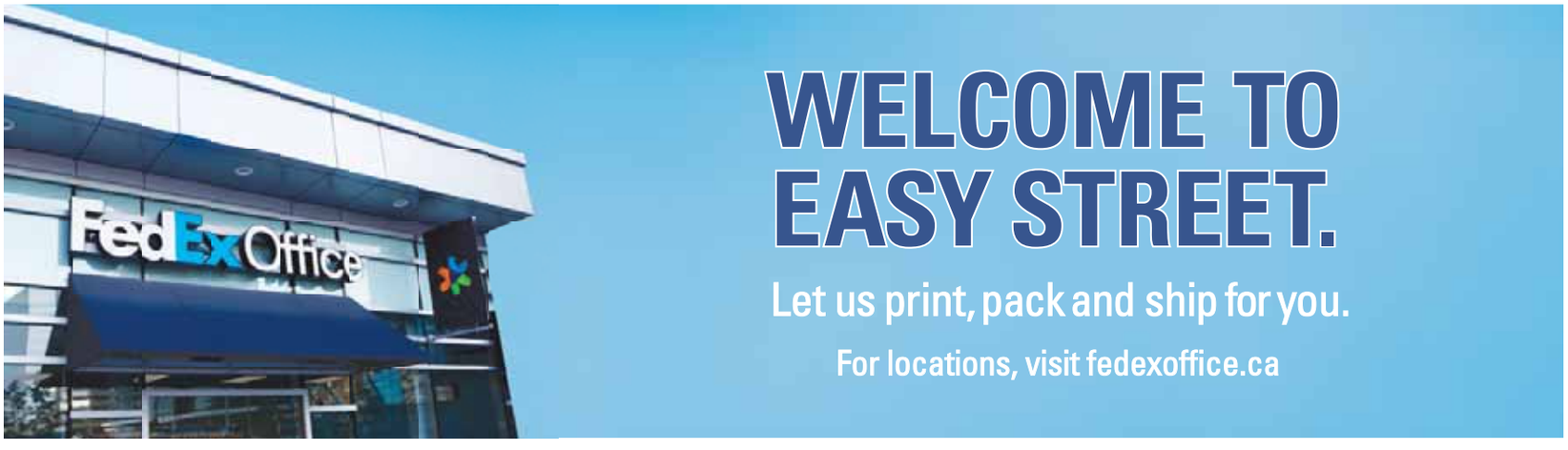
Were you on some special knocked-up diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?
I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think
That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?
If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.



After all that turkey, go green with an easy Chopped Salad

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese

This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo of veggies.

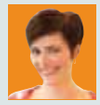
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

- Toss whole, cored but unpeeled pears into butternut squash soup.
- Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.
- Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.
- Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.
- Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Forget the turkey —it was a big weekend for celeb weddings

Stargazing. While you were eating pumpkin pie, a bevy of boldface names got hitched

DOROTHY ROBINSON
Metro World News in New York City

Rose McGowan, 30 Rock's Keith Powell, Mad Men's Ben Feldman, Guns N' Roses' Matt Sorum and Jason Wahler of Laguna Beach got officially hitched on Saturday — but not to each other — while Pharrell Williams celebrated his recent marriage with a big ol' Miami party.

McGowan and Powell each wed artists: McGowan to Davey Detail in Los Angeles and Powell to Jill Knox in New York City.

Feldman decided to take his celebration to the country with his wedding to Michelle Mulitz on a Maryland farm. "No amount of thunderstorms, police chases, government shutdowns or self immolations could keep us from having the best party of our lives," he told People.

Sorum wed on Saturday in Palm Springs in front of celebrity guests Jane Lynch, Juliette Lewis and Gina Gershon.

Wahler, whose claim to fame is that he was Lauren Conrad's first serious boyfriend, married a model (does it matter what her name is?) on Saturday in — where else? — California.

Oh, and Williams had a celebration in honour of his hush-hush August marriage to Helen Lasichanh for friends and family in Miami. According to People, the two were aboard a yacht called Never Say Never before exchanging vows at the Kampong National Tropical Botanical Garden.

And one celeb engagement

Speaking of Wahler, his ex Lauren Conrad became engaged to musician William Tell this weekend — the former Something Corporate guitarist, not the Swiss hero who landed his own overture.

Conrad shared the news on her blog over the weekend, along with a pic of her new bling.

Why she didn't want to marry Aaron Burr or another famous figure from history, who knows?

Rose McGowan GETTY IMAGES

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metro
LEARNING CURVE
Tuesday, October 15, 2013

Kwantlen Polytechnic University is partnering with the University of Cape Coast in Ghana in a project called The Diabetic Foot Project (DIFOPRO): A Collaborative Study on Diabetic Foot. CONTRIBUTED

KPU begins first phase of research project

DANIEL HENDRIKSEN
For Metro

The first phase of a Kwantlen Polytechnic University (KPU) multidisciplinary research project will soon be getting underway thanks to a $40,000 grant from the Canada-Africa Research Exchange Grant (CAREG).

KPU is partnering with the University of Cape Coast in Ghana (UCC) in a project called The Diabetic Foot Project (DIFOPRO): A Collaborative Study on Diabetic Foot, which will focus upon foot ulcerations caused by diabetes. Researchers are hoping to create a knowledge-based system that helps predict the risk of ulceration of patients diagnosed with diabetes through screening, patient education and foot care.

Dr. Charles Quist-Adade, KPU faculty member and chair of the sociology department, will be the lead investigator for the project. He and co-investigator Stephanie Howes from KPU's faculty of community and health studies will be working with both student researchers and six associates from UCC.

"I am thrilled by the good news," Quist-Adade said in a media release.

"The grant will go a long way in realizing my research and academic goals. It has always been my desire to establish a fruitful and an enduring link between KPU and Ghanaian institutions of higher learning for the benefit of students and faculty.

"As a believer in and practitioner in praxis — blending theory and research — and action research, I have always sought to engage in research projects that will bring practical benefits to my students and deprived members of the community."

The study is scheduled to take place in the central region of Ghana, where diabetes is endemic and widespread. The number of people suffering from diabetes in that region is projected to increase to 228 million people by 2030, from 84 million people in 2000.

Once the study is completed, research will be presented at Canadian, Ghanaian and international conferences, and policy implications will be published in the Ghanaian Medical Journal. The final report is expected to be completed in September 2015.

JIBC signs memo of understanding with MNBC

A new memorandum of understanding has been signed between the Justice Institute of British Columbia and Métis Nation British Columbia (MNBC). The goal of the agreement is to promote greater participation of Métis peoples in post-secondary education and training.

The MOU will remain in effect for the next three years. Some of the activities the parties have agreed to include:

- Visits from MNBC representatives to JIBC to put on workshops concerning Métis lineage, citizenship, and identification;
- Discussion of recruitment and retention initiatives as they concern Métis students;
- Discussion regarding exchange of guest lecturers/experts;
- Information sharing concerning funding options for Métis post-secondary students;
- Discussion regarding joint project initiatives;
- Access by JIBC staff/faculty to Métis cultural resources and community resource people, including teachers of the Michif language and Métis elders, and vice versa.

DANIEL HENDRIKSEN

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Athabasca University

Jay Vidyarthi, a graduate student in Simon Fraser University's school for interactive arts and technology, has landed an invitation to showcase his project, Sonic Cradle, at the TEDActive TechArt exhibit in Palm Springs. CONTRIBUTED

Simon Fraser. Program marks 10th anniversary

DANIEL HENDRIKSEN
For Metro

Simon Fraser University's (SFU) school of interactive arts and technology (SIAT) is celebrating its 10th anniversary this fall. The program was launched in 2003 and is SFU's longest running program at the Surrey campus.

The program has seen a steady increase in students over the years and recognized its 1,000th graduate in June. Celebrations continue with a series of special events, culminating with a gala on Oct. 25.

"The school of interactive arts and technology is an exciting place to be for any ambitious scholar or student," Marek Hatala, SIAT's director, said in a press release. "Of course, being a new school that grew to over 800 majors and 115 graduate students in 10 years brings many challenges.

"The dynamic nature of the program, strong drive and success of our faculty and students in a field that is rapidly changing makes everyone in SIAT optimistic about the next 10 years."

SIAT has produced some successful graduates since its inception. Michael Cheng and Jessica Fan are a small sample of that success. Both Cheng and Fan spent a year with students from across the country using $95,000 in start-up funds to create new companies after being selected to participate in the first two years of a national entrepreneurial initiative called The Next 36.

According to Hatala, SIAT faculty members are the leaders in their respective research fields.

"This, along with strong industry partnerships, allows us to continually improve our curriculum to make our graduates ready for successful careers in jobs that may not be well-defined today," he said

The school is well-known for forging high-tech creativity, with its programs preparing students to play a leading role in "the conception of new media and the design of inventive technologies."

For more information, please visit sfu.ca/siat.html.

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Douglas researcher awarded $135K grant

DANIEL HENDRIKSEN
For Metro

A therapeutic recreation instructor at Douglas College recently received a $135,000 grant to assist her in a two-year research project.

Colleen Reid was awarded the funds from the Vancouver Foundation as part of the charitable organization's focus on supporting community-based health research.

The grant will allow Reid to study the health and well-being of people living with mental illness in the Lower Mainland. Reid's project is in conjunction with the non-profit Open Door Group, an organization that provides services for people with mental health issues.

Colleen Reid

The idea behind the study is to find out how people coping with mental health challenges experience community inclusion, health and well-being, and then to develop indicators to evaluate the success of therapeutic recreation programs.

"There is increasing pressure on community-based services to measure the effectiveness of their programs," Reid said in a media release.

"Unfortunately, there is also a lack of good outcome indicators. What we hope to do is to develop indicators that better reflect the experiences of clients."

Open Door Group clients involved will document their daily experiences using cameras. They will then be interviewed by researchers to discuss the photos and what they mean to them.

"This project reveals our strong relationship with the community, our wish to engage students and the enthusiasm and resourcefulness of faculty members undertaking high-quality, innovative research that makes a real difference," said Brian Thomas-Peter, dean of the faculty of child, family and community studies.

Student's art on display

Another work of art created by a Langara College student has been installed at the Canada Line Langara/49th Avenue Station in Vancouver.

The piece, called The Only Thing Certain Is The Uncertainty Of Change, by Langara continuing studies photography student Blair Dewan was recently installed at the transit station as part of the Capture In Transit competition.

The competition is running in conjunction with the six-week city-wide Capture Photography Festival. Both amateur and professional photographers are permitted to take part in the challenge that involves their large-scale installations appearing at Canada Line SkyTrain stations throughout Greater Vancouver.

Dewan's work consists of a series of five panels that combine images of outdoor ads and billboards from building developments in the Oakridge/Main Street corridor with photographs of the rapidly changing community. The piece is meant as a commentary on the concepts of home and community, and the effects development has on those concepts.

"The scale of the work is significant in that it presents the messaging associated with land development, and specifically the marketing of development at a size in which we are familiar," Dewan said in a press release.

"Blair's installation really speaks to the transitioning nature of this area, and I think it suits the project perfectly," said Jim Balderston, Dewan's instructor in Langara's CS photography program.

Blair Dewan's photo at the Canada Line Langara/49th Avenue Station.
CONTRIBUTED

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Platinum distinction

UBC. CIRS building awarded highest designation in green building performance

DANIEL HENDRIKSEN
For Metro

The 423-seat lecture hall in the centre for interactive research on sustainability at the University of British Columbia. DON ERHARDT PHOTO

The centre for interactive research on sustainability (CIRS) at the University of British Columbia (UBC) was recently awarded LEED platinum certification, the highest designation in green building performance from the Leadership in Energy and Environmental Design rating system.

The CIRS building was designed by architecture firm Perkins+Will, and is the first structure at UBC to receive the LEED Platinum certification. CIRS serves as a living laboratory where students, researchers and partners test and demonstrate designs and technologies to advance our understanding of sustainable building and community practices.

Ray Cole, the director of CIRS and a professor in the school of architecture and landscape architecture at UBC, spoke about how proud the post-secondary institution is of the new distinction.

"There are only 108 LEED Platinum buildings across the country and we are absolutely delighted that CIRS now stands among them," Cole said in a media release.

CIRS was recognized for its commitment to sustainable design, construction, operation, and maintenance, all of which led to the certification.

The state-of-the-art CIRS building boasts a plethora of environmentally friendly features — it reduces UBC's carbon emissions, utilizes waste heat from a neighbouring building, and harvests rainwater as a source of potable water. Made primarily from wood, the building stores more than 900 tonnes of carbon.

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Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail

YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say darkly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do, the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers
Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments
Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash
Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info
Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan
The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.

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NHL

Canucks still 'up and down' as they head into Philly

The Vancouver Canucks will look to snap a two-game losing streak when they begin a seven-game road trip against the Philadelphia Flyers on Tuesday.

The Canucks are coming off a 4-1 loss to the Montreal Canadiens on Saturday, in a game highlighted by a bizarre own goal off the stick of Dan Hamhuis that's still the talk of the town two days after the fact.

The loss dropped the Canucks' record to 3-3 on the season.

The Flyers, having already fired bench boss Peter Laviolette after just three games, are 1-5 and at the bottom of the new Metropolitan Division.

For the Canucks, early on, it's still a work in progress under head coach John Tortorella.

"You can't really say that you have a team identity if you're not consistently there and consistently doing the things you need to do," Tortorella told reports in Philadelphia.

"So, we're up and down."

This road swing begins Tuesday and ends on Oct. 25 against the St. Louis Blues. CAM TUCKER/METRO

Roberto Luongo watches a video replay of the infamous own goal. RICH LAM/GETTY IMAGES

Kekuta Manneh's up for Whitecaps

MLS. After scoring a hat trick last week in Seattle, the 18-year-old rookie is named Player of the Week

CAM TUCKER
cam.tucker@metronews.ca

It's amazing the things you might hear in a Starbucks.

For example, Vancouver Whitecaps head coach Martin Rennie told reporters the story about how, during a stop inside the popular coffee chain last week, he had a brief chat with strikers Kekuta Manneh and Camilo Sanvezzo about whether those two could form a good partnership against the Seattle Sounders FC in what would be the biggest match of the club's MLS season to date.

"Kekuta was like, 'Coach, we got this.' And it was kind of funny, just a young kid who's got that much confidence," said Rennie.

Manneh's words evidently foreshadowed the events of last Wednesday evening.

Manneh, Vancouver's 18-year-old rookie, put forth a performance against the Sounders that defined brilliance — three goals for the hat trick in a crucial 4-1 Whitecaps victory and MLS Player of the Week honours bestowed upon him Thanksgiving Monday.

"It doesn't really surprise me, but it's hard to get a hat trick in MLS," said Manneh after the club had wrapped up training at UBC on Monday morning.

"It was really exciting for me to get a hat trick in Seattle."

The win was also a lift to the Whitecaps' playoff hopes, which are still slim but slightly improved compared to the start of last week.

The Whitecaps have two games remaining in their schedule, both against the Colorado Rapids in a home-and-home set.

The Whitecaps are seventh in the Western Conference, but now only three points behind the Rapids for the fifth and final playoff spot.

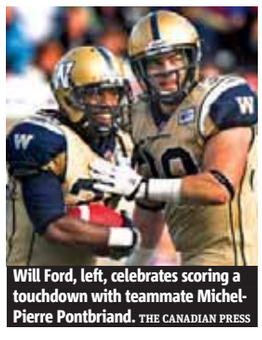
The Whitecaps and Rapids meet in the first match of this two-game set on Saturday at Dick's Sporting Goods Park in Commerce City, Colo.

The Whitecaps' Kekuta Manneh leaps into the arms of teammate Camilo Sanvezzo to celebrate one of his three goals against the Sounders FC on Wednesday in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

Running the Rapids

With striker Kenny Miller still dealing with a groin injury, it's difficult to see any changes coming to the Whitecaps' starting lineup Saturday.

- "It's the past. I mean, it's already gone," said Manneh. "We can't dwell on it any much longer, so we just need to concentrate on the next game, and that's the most important one."



Will Ford, left, celebrates scoring a touchdown with teammate Michel-Pierre Pontbriand. THE CANADIAN PRESS

Blue Bombers keep hope alive

The odds still weigh heavily against them, but the Winnipeg Blue Bombers' playoff hopes are not dead yet.

Max Hall picked up his first CFL win as a starting quarterback and Will Ford caught a touchdown pass and ran in another as the Bombers staved off elimination with a 34-27 victory over the Montreal Alouettes on Monday afternoon.

Winnipeg's second win in Montreal in 2013 gave them the three-game season series between the clubs by a 2-1 margin, but they will need to win their final three regular-season games and have the Alouettes lose their last three to grab the final East Division playoff spot.

"So you're telling me there's a chance, right?" said Hall. "So we've just got to keep playing. All we can control is winning next week (at home Saturday against Toronto) and, if we can do that, we'll still have a chance."

Clarence Denmark and backup quarterback Jason Boltus also had TDs for Winnipeg. THE CANADIAN PRESS

Ticats sink Argos

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series.

4 SPORTS

Dodgers climb back into NLCS with win at home

MLB playoffs. Ryu outduels Wainwright as Los Angeles avoids 3-0 series deficit

Hyun-Jin Ryu outpitched Adam Wainwright with seven innings of three-hit ball, Adrian Gonzalez's RBI double ended a 1-for-17 drought for the Dodgers with runners in scoring position, and Los Angeles got back into the NL championship series with a 3-0 victory over the St. Louis Cardinals on Monday night.

Yasiel Puig and Hanley Ramirez also had run-scoring hits for the Dodgers, who trail the best-of-seven series 2-1. Game 4 is Tuesday at Dodger Stadium, followed by Game 5 on Wednesday.

The Dodgers' Yasiel Puig celebrates after hitting a run-scoring triple. CHRIS CARLSON/THE ASSOCIATED PRESS

Retired Dodgers manager Tommy Lasorda, whose 1988 team won the franchise's last World Series, stood up and waved his white rally towel in the eighth to raucous applause.

Los Angeles got Ramirez and centre fielder Andre Ethier back in the lineup after both proved in batting practice they were healthy enough to play. Ramirez wore a lightweight flak jacket to protect his broken left rib — having been hit by a pitch from Joe Kelly in Game 1 — while Ethier has been bothered by shin splints.

Ramirez singled his first time up off Wainwright and then helped the Dodgers extend their lead to 3-0 in the eighth.

Ramirez hit a soft single off Seth Maness over the head of new second baseman Kolten Wong to score Carl Crawford.

On a close play at the plate, Crawford barely beat the tag by catcher Yadier Molina.

THE ASSOCIATED PRESS

Down on their Luck

Indianapolis Colts quarterback Andrew Luck is hit from both sides by San Diego Chargers inside linebacker Manti Te'o, right, and defensive end Corey Liuget on Monday in San Diego. Philip Rivers threw a 22-yard touchdown pass to rookie Keenan Allen and Nick Novak kicked four field goals for the Chargers in a 19-9 win. LENNY IGNELZI/THE ASSOCIATED PRESS

NFL

Bruised Packers fill injury list after Baltimore battle

The Green Bay Packers' injury list keeps on growing.

Coach Mike McCarthy knew about the injuries sustained by wide receivers Randall Cobb and James Jones during Sunday's victory at Baltimore.

But he didn't learn until Monday morning that starting outside linebacker Nick Perry had suffered a foot injury that will sideline him at least for this week and likely longer.

"Nick Perry was a bit of a surprise to me. I didn't expect that," McCarthy said, one day after his team overcame injuries in a 19-17 victory over the Ravens.

"Obviously James and Randall, (we) saw the injuries in the game. You just hope for good news there."

McCarthy would not divulge any specifics of the injuries. Perry's injury was termed a foot injury, Jones's a leg injury and Cobb's a knee injury.

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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 18, 2013. PLEASE QUOTE: "Graphic Designer - Vancouver" in the subject line. All submissions will be treated as confidential.

metro

Horoscopes

♈ Aries
March 21 - April 20
Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus
April 21 - May 21
There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini
May 22 - June 21
You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer
June 22 - July 23
You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo
July 24 - Aug. 23
Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo
Aug. 24 - Sept. 23
Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra
Sept. 24 - Oct. 23
Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio
Oct. 24 - Nov. 22
You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

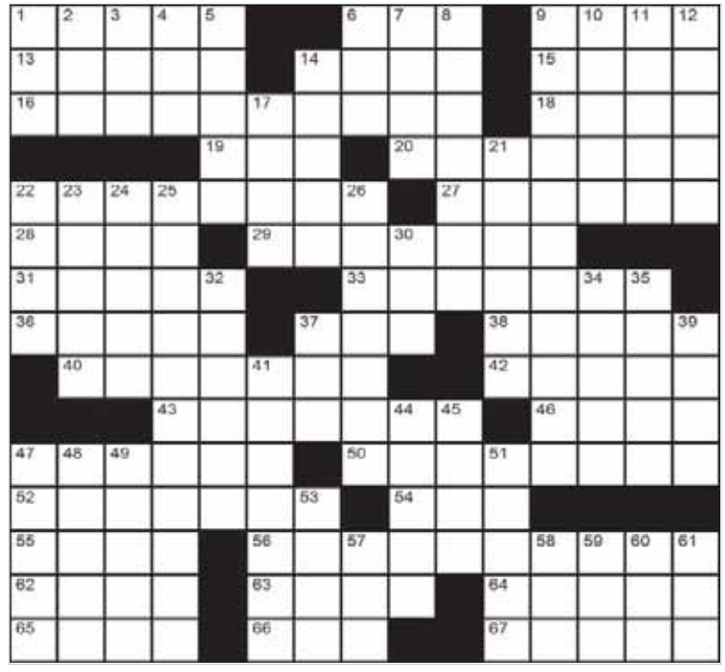
♑ Capricorn
Dec. 22 - Jan. 20
What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces
Feb. 20 - March 20
As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. SALLY BROMPTON

Crossword: Canada Across and Down

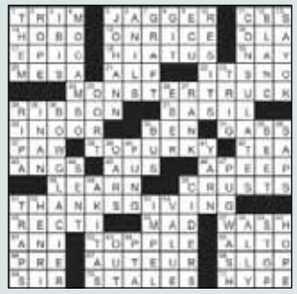
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. __ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake _ __ Feather"
40. Gilda Radner character from SNL, Lisa __
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: __ Trail National Historic Site of Canada
52. Labradorite = Feldspar __
54. "Am _ __ brother's keeper?"
55. __-Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pollack, et al.
66. Classic TV Cousin
67. '50s group, Frankie __ & The Teenagers

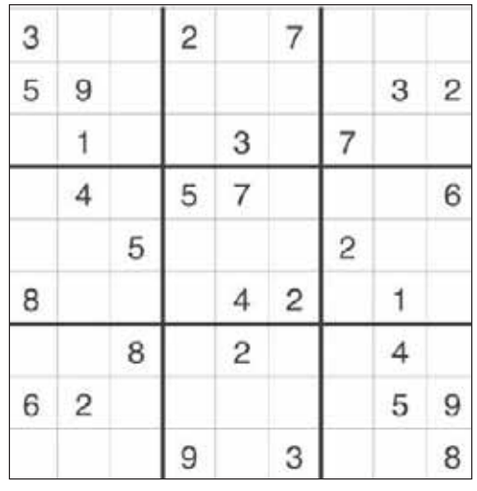
Down
1. __-Mart
2. Game: French
3. Mystery man, __. _
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl __ Biggers
8. Tourist
9. Duncan, BC's huge Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we _ __?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress
Ms. O'Connor
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-__ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "__ _' the Times" by Prince
37. Fixed
39. Confused
41. NWT: __ National Park Reserve
44. __ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline __
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging __"
59. Ring rock
60. Back then
61. Francisco's friend?

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	6	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

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